

# Stroke

## Know the Facts



### Brain Attack

### What is a Stroke?

It is sometimes called a “brain attack”, and occurs when something blocks blood flow to the brain or a blood vessel in the brain bursts.

Mortality Rate:

**38.0**

per 100,000 in 2015



**3.2%**

**More Women**

than men (2.9%) experienced a stroke in Virginia in 2015



**4th** Leading cause of death in Virginia

behind cancer, heart disease, and accidents.

**20,000** Virginians

are hospitalized for stroke each year

**Ages**

**65+**

**Stroke rate triples to 7.1%**

compared to those aged 45-54 years (2.4%)

## Know Your Risks

### Types of Strokes



#### Ischemic

Occurs when a blood clot blocks the blood vessels to the brain – fatty deposits called plaque can cause these blockages by building up in the blood vessels

#### Risks You Cannot Control



**Age**



**Sex**



**Ethnicity**

#### Risks You Can Control



**Unhealthy Habits**



#### Hemorrhagic

Occurs when a blood vessel in the brain bursts leaking blood into the brain

### Ways to Lower Your Risk



**120  
80**

keep blood pressure low



maintain a healthy weight, exercise regularly



eat a balanced diet



control diabetes

## Know the Signs and Symptoms

**B - E - F - A - S - T**



Sudden trouble walking or loss of **BALANCE**



Sudden trouble seeing in one or both **EYES**



Sudden numbness or weakness of the **FACE** – face drooping



Sudden **ARM** numbness or weakness



Sudden trouble **SPEAKING** or understanding others



**TIME:** If you observe any of these signs, call 9-1-1 immediately.

**CALL 9-1-1. Don't drive to the hospital.**